

How to Practise Yoga Nidra

- Ensure that you have enough time to relax and practise Yoga Nidra as per instructions
- Make sure the room is softly lit and away from noise or disturbance
- Sit on a mat on the floor or the bed with your eyes closed
- Keep a cover beside you so that you can use it when you lie down while listening to the commentary on the CD
- Transition towards relaxation and a comfortable sleep with Yoga Nidra

REMEMBER

- This is a supplementary therapy and is not recommended as a replacement to allopathy/naturopathy as prescribed by a trained Physician/Medical Specialist

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